



## Non-Smoking Behavior for Pregnant Women Modeled by Olympic Torch Bearer



**TORCH BEARER** Quarles

Mosell Quarles carried the Olympic Torch January 3 through part of Ft. Wayne on its way to the Winter Olympics in Salt Lake City. Her selection for the honor was no accident.

Seeking special torch relay carriers, Indiana First Lady Judy O'Bannon asked Carolyn Waller, director of the ISDH Prenatal Substance Use Prevention Program (PSUPP), to find an Indiana woman who had stopped smoking during her pregnancy.

Mosell Quarles fit the profile. She had been a half-a-pack-a-day smoker when she contacted the Gary Health Department for help, according to Waller.

Moselle was 28 years old, pregnant, and "determined to quit smoking for her own health, the health of the baby she was carrying, and to prevent second-hand smoke

exposure for her other children," Waller said.

Quarles, together with the full support of the Gary



**PASSING THE FLAME:** Mosell Quarles (left) relays the Olympic flame in Ft. Wayne as it moves toward the 2002 Winter Olympic Games in Utah.

PSUPP program coordinated by Robyn Pugh-Dunlap, developed a plan to cut Quarles' cigarette use to five cigarettes per day. By February 2001, five months before delivery of her baby, Quarles had ceased smoking altogether, which continued for the remainder of her pregnancy.

Today, her baby is five months old. "Mosell states she feels much better, has an improved self-image, is still smoke free, and plans to continue to be smoke free," Waller said.

See OLYMPIC FLAME — page 4

## Indiana to Develop Statewide Immunization Registry

The State Department of Health and the Centers for Disease Control and Prevention (CDC) have taken a major step toward establishing a statewide immunization registry in Indiana.

The State Department of Health's Immunization Program and the CDC, working in conjunction with the General Services Administration, have awarded a contract to Scientific Technologies Corporation for the development and implementation of a centralized immunization registry.

"This project, known as the Indiana Statewide Immunization Information System, or ISIIS, will increase the accuracy and accessibility of immunization information and thus improve

the overall immunization levels for the children of Indiana," said State Health Commissioner Greg Wilson, M.D.

Wilson said that the immunization registry will be a Web-based system. Seven regional areas throughout the state have been selected to participate and serve as test sites during 2002.

According to First Lady Judy O'Bannon, a supporter of the effort, the registry will have a tremendous impact on Hoosier children for generations to come.

"When we talk about building a foundation for the future, ensuring our children get the medical resources they need to remain healthy is one of the most important things we can do,"

Mrs. O'Bannon said.

"We can thank the stakeholder partners, including the local health departments, health care providers, and community volunteers, for their vision and tireless efforts in identifying resources, needs, and solutions that have made this registry a reality," Mrs. O'Bannon said. "We are also grateful that a number of legislators have lent their support to this project."

The state and federal agencies developing the immunization registry held an initial meeting yesterday with the contractor to discuss project expectations, clarify timelines, and establish communication guidelines.

# 9/11 Causes Postponement of CARE Initiative To Reduce Uzbekistan Rape, Domestic Violence

The events of September 11 have caused the Communities Against Rape Initiative (CARE) to cancel its planned activities in Uzbekistan, which shares a common border with Afghanistan.

The CARE Initiative receives substantial funding from ISDH. However, all of CARE's international activities have been supported by funding sources external to dollars from the State Department of Health.



**MARY PILAT**, CARE investigator (center), in Uzbek jacket and hat, poses with women at Djizak Women's Center, Uzbekistan.

The principal investigator for CARE external programs, Mary Pilat of Purdue, says that the potential danger and the instability in the Uzbekistan area make it too risky to send students. The idea had been to have young adult women from the CARE Youth Council talk with young Uzbek women in "train the trainer" workshops. The goal was to dispel myths and change attitudes that can lead to sexually motivated violence, molestation, rape, and date rape.

Trained youth facilitators have been successful in defusing inappropriate sexual attitudes in Indiana because of the closeness in age to their audiences, according to Pilat. She says that mock rape trials with young people serving as jurors, improvisational role play, and theatrical productions that deal with the emotional realities and trauma of victims have also been useful tools.

The contacts were to be made with young women outside of school in external programs. In Indiana, the CARE facilitators meet with youth in various community settings.

The Uzbekistan project grew out of an earlier trip to Uzbekistan that Pilat

had made to plan programs involving the American college-age facilitators.

Another international outreach program was developed by the in-school component of CARE. It's administered from Indiana State University. The ISU CARE program targets student attitudes and knowledge about sexual assault and rape by training teachers who then interact with students in classroom settings.

ISU CARE Program Director Frederica Kramer visited Russia last year on an exchange visit following a visit by Russian educators to Indiana. Kramer's visit was not funded by ISDH. She says the Russians expressed great interest in the CARE initiative because alcoholism and drug abuse is common among youth in Russia. In the U.S., it has been estimated that approximately 60 percent of rapes and sexual

assaults are alcohol related, she says.

Kramer says that the Russian teachers were especially interested in the training because the topics of rape and sexual assault have not been publicly identified as problems there. In Moscow,

she presented a CARE workshop to teachers from Russia and Siberia. The workshop focused on school-based drug abuse prevention.

Kramer distributed materials to the teachers for use with primary, middle school, high school, and special needs students.

## FREDERICA KRAMER

(right), director of in-school CARE programs, enjoys fresh air with Russian teacher educator Lyuba Shatokhina in Moscow.



The Communities Against Rape Initiative (CARE) is a statewide collaboration that facilitates and supports the development and implementation of programs/efforts to prevent sexual assault and rape of youth in communities across Indiana.

To achieve this task, partnerships were formed between the Indiana State Department of Health, Purdue University, Indiana State University, Indiana Coalition Against Sexual Assault, Indiana Youth Institute, and various colleges and communities across the State of Indiana.

## I.U. Master of Public Health Program Is Now Accepting Applications for Fall Term 2002

The Indiana University Department of Public Health is now accepting applications for the Master of Public Health (MPH) Program for fall 2002.

Housed in the I.U. School of Medicine, the Department of Public Health is a collaboration of 15 I.U. Schools, Purdue University, the Indiana State Department of Health, and the Marion County Health Department.

Applicants may select one from among the following concentrations to enroll in a part-time three-year program.

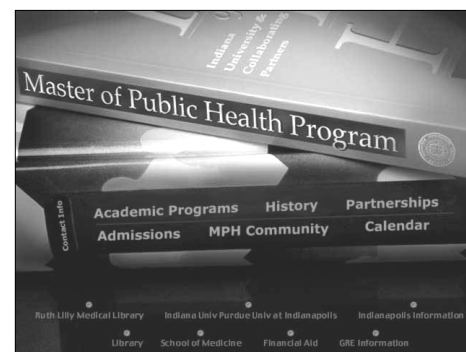
- Behavioral Health Sciences
- Biostatistics
- Environmental Health

### ■ Epidemiology

### ■ Health Policy and Management

To request an application, please contact the school at 317-278-0337 or [pbhealth@iupui.edu](mailto:pbhealth@iupui.edu).

For more information, check the Internet at: [www.pbhealth.iupui.edu](http://www.pbhealth.iupui.edu).





# Efficiency, Records Security Form Impetus for Employees' Move into Remodeled Space



**DECORATIVE DETAIL** on 2nd floor of historic Lieber Building.

Approximately 33 ISDH employees have moved next door into the Selig and Lieber buildings. These adjoining buildings face Washington Street and adjoin the main ISDH offices at 2 North Meridian Street.

The employee move includes all staff in WIC, Legal Affairs, and Minority Health, together with the Assistant Commissioner for Children and Family Health Services and the supervisor of the copy center.

Employees began moving to their new quarters in January. The use of these buildings increases the agency's space in downtown Indianapolis by 10,439 square feet.

Bill White, director of Administrative Services, says that because federal HIPAA legislation requires procedures to ensure a heightened level of security in handling patient records, reorganization and consolidation of the physical working space was essential.

Creation of more accessible records storage and relieving cramped working conditions were additional reasons for creating the new working space. Cheryl Moles, state WIC director, said there have been times when clerical staff in the WIC and Children's Special Health Care Services had to schedule separate times for filing so they wouldn't get in each other's way. That practice has been eliminated with the move.

The Office of Legal Affairs records storage and retrieval has also been upgraded. Several other work groups are getting storage closets though they previously had none.

White says that planning for the new spaces began in January 2001 with performance of a joint needs analysis by the ISDH and the Department of Administration. White says the evaluation showed that expanding on-site was the most cost effective option and also avoided disruption of ISDH program services.

The move into the new offices frees space in the original building. Staff in several areas at 2 North Meridian will be consolidated to permit the work of each division to be conducted on a single floor; employees affected include those in Maternal and Child Health, the Office of Women's Health, and Children's Special Health Care Services.

Three new conference rooms and a conference area have been added in the remodeled space. The WIC conference room is multipurpose; it is also the file room for WIC records.

Another improvement is the move of the copy center from the lower level of 2 North Meridian up to the second floor in the Lieber Building. The new space is only a few steps from the Operational Services Commission and provides needed storage for paper and forms-management records storage, and more room to operate the paper punch press, folding, and lamination machines.

The newly remodeled office space is accessed through connecting doors from 2 North Meridian Street.



**FROM WASHINGTON STREET** (top photo, l. to r.) the Lieber and Selig buildings' 2nd and 3rd floors are bathed in sunlight; shrouded scaffolding shields open interior where window frame restoration and reglazing is underway. **WIC WORKSTATIONS** (middle photo) in remodeled Selig building stretch toward back wall with multiple-use conference/file room beyond. **CLERESTORY WINDOWS** (bottom photo) in wall of the WIC area separate executive offices from reception area that receives natural light from large original windows facing Washington Street.

*Photos by Daniel Axler*

# January Is Cervical Cancer Awareness Month

January is Cervical Health Awareness Month, a time to remind women that although cervical cancer is one of the most common causes of cancer, it is nearly 100 percent curable when caught early.

Even though there are effective ways to prevent and cure cervical cancer, an estimated 300 new cases of cervical cancer will be diagnosed and 120 women will die from this disease this year in Indiana.

Early detection, with the use of the Pap test, is the key to reducing mortality and late-stage cervical cancer. The Pap test can actually be used to diagnose pre-cancerous cells in the cervix, giving women the opportunity to receive treatment that could prevent them from getting cervical cancer. All women who are over 18 or sexually active should have regular Pap tests performed.

Although cervical cancer occurs in women of all racial and ethnic back-

grounds, African-American, Vietnamese, and Latino women have higher rates of this disease than white women.

Women are at greatest risk for cervical cancer if they smoke, have had multiple sexual partners, have been diagnosed with HPV (human papillomavirus), or haven't had a Pap test in more than five years.

Regular Pap tests save lives. The American Cancer Society reports that between 60 to 80 percent of American women with newly diagnosed invasive cervical cancer haven't had a Pap smear in the past five years and may have never had one.

The Indiana Breast and Cervical Cancer Program provides free Pap tests, as well as mammograms, to eligible women across the state throughout the year.

Interested women should contact the Indiana Family Helpline at 1-800-433-0746 to check the eligibility

guidelines and locate a nearby participating medical provider. More information may be found on the Indiana State Department of Health's Web site, at [www.IN.gov/isdh](http://www.IN.gov/isdh), by clicking on Public Health Programs, then on Breast and Cervical Cancer Program.

## The Express Goes Exclusively Digital

One of the areas that the Indiana State Department of Health has identified to reduce expenditures is the printing and mailing of the *Express*, the *NewsLink*, and the *Inside Story*.

Beginning with this issue, the *Express* will be published only electronically. It will be available, as it has been since last March, on-line on our Web site, and on our Intranet site. To reach it on our Web site, log on to our homepage, at <http://www.in.gov/isdh>, and simply click on "What's New" and then on "The Express Newsletter." Then choose the date you want to view. The latest issue is always available on the Intranet site by clicking on the link on the homepage.

We will also be sending out an e-mail to all staff and LHDs with the latest issue attached in PDF format each time we publish.

### OLYMPIC FLAME— from page 1

Prior to Quarles' Ft. Wayne torch run, Olympic staff spoke to her, together with all of the runners, about the history of the Olympics, the symbolic significance of the five rings, and the specialness of each runner that had led to their selection.

The Lake County PSUPP office is one of eight offices in Indiana. Others are located in Allen, Clark, Dubois, Marion, Vanderburg, Vigo, and Warrick counties.

Waller says that most of the women who make contact with a PSUPP program have been referred from either an MCH clinic or WIC office. A few, she says, are referred by private physicians.

The flagging mechanism to make a referral is a drug/alcohol/tobacco use screen. Use of any of these substances by a pregnant woman results in a referral. Even over-the-counter drugs can trigger a referral, Waller says.

Women using alcohol, drugs, or tobacco are scheduled for a minimum

of three meetings with PSUPP staff. Some of the meetings can be by telephone. Waller says that more meetings can be scheduled depending upon the amount of use and the difficulty ceasing to use a substance.

PSUPP staff have received special addictions counseling training, according to Waller. However, she says that women with serious addictions problems tend not to make contact with the PSUPP program, which is primarily informational.



**CAROLYN WALLER,**  
PSUPP director

*Photo by D. Axler*

State WIC Director Cheryl Moles says that when a pregnant woman has been evaluated to have a serious alcohol or drug addictions problem by a WIC clinic, she is referred to an appropriate local addictions treatment program.

Fiscal support for the PSUPP program is almost entirely in the form of dedicated federal grant dollars passed through to ISDH from the Division of Mental Health, Indiana Family and Social Services Administration.



The *Indiana State Department of Health Express* is a bi-weekly publication for ISDH employees and stakeholders. To submit news items, call (317) 233-7336 or send information to: ISDH Express, Office of Public Affairs, 2 N. Meridian St., Section 2E, Indianapolis, IN 46204-3003. Inquiries should be directed to:

David W. Pilbrow, Editor  
Telephone (317) 233-7336  
Fax: (317) 233-7873  
[dpilbrow@isdh.state.in.us](mailto:dpilbrow@isdh.state.in.us)  
<http://www.IN.gov/isdh>

Margaret Joseph, Director of Public Affairs

**Gregory A. Wilson, M.D.**  
State Health Commissioner

**Michael A. Hurst**  
Deputy State Health Commissioner and  
Special Counsel to the Commissioner